



Riverside 10 mile

& Fun Run (approx. 1 mile)

Sunday 5th August 2018

Main Race starts at 11am
George & Dragon Public House,
Lancaster,
Lancashire, LA1 1RB

All races under UK Athletics rules.

Medal to all finishers.

Prizes: First 3 Men, First 3 Women,
 First Vet in each category,
 First team, male & female.



Fun Run starts at 11.05 am £4 per entry
Medal & goodies to all finishers
Prize to first boy & girl

- £15 attached,
- £17 unattached
- Entries on the day £2 extra

SORRY NO REFUNDS

see our website for 'Cancellation Policy'

Generous donations to at least one of the following charities:

- Lions Club
- Run For The World
- Unique Kidz & co
- Lancaster & Morecambe AC
- Galloway's Society for the Blind

Entries: Online: www.lancaster-race-series.co.uk, & www.bookitzone.com
Postal: complete the form & send to: W. Gardner, 58 Sibsey Street,
Lancaster LA1 5DF. Enclose an SAE (C5) and a cheque made payable to
Lancaster Races Ltd.

RIVERSIDE 10 MILE	TICK HERE	OFFICE USE ONLY	RIVERSIDE FUN RUN	TICK HERE	OFFICE USE ONLY
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Surname _____ First Name _____

Address _____

Age on Day _____ Date of Birth _____ Gender: M F _____ Postcode _____

Email _____ Telephone _____

UKA number _____ UKA Affiliated Club _____

I declare that I am an amateur as defined by UK Athletics rules. I certify that I am fit to run and understand that the organisation will in no way be held responsible for any injury to myself or for the loss or damage to my property during the event.

Signed _____ Date _____